



Abbreviations

HM = Human Milk
 Oz = ounces
 IFF = Iron Fortified Infant Formula
 AM = Morning Snack
 PM = Afternoon Snack

Iowa CACFP 0-3 months - Individual Infant Monthly Menu

Directions: This monthly menu form is for one infant (age 0-3 months). Date and complete the menus (breakfast, AM snack, lunch and PM snack) when served to the infant. **(Revised 10/2013)**

Month & Year		Infant's Name	
Formula Name		Birth date	Age
Who provides formula? Parent or Center (circle one)			

Infant Meal Pattern*		Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Bft	4-6 oz HM or IFF					
AM	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
PM	4-6 oz HM or IFF					
Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
AM	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
PM	4-6 oz HM or IFF					
Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
AM	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
PM	4-6 oz HM or IFF					

(Over)

Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
AM	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
PM	4-6 oz HM or IFF					
Infant Meal Pattern*		Date:	Date:	Date:	Date:	Date:
Bft	4-6 oz HM or IFF					
AM	4-6 oz HM or IFF					
Lunch	4-6 oz HM or IFF					
PM	4-6 oz HM or IFF					

*Minimum quantities are listed; some infants will need more food to be healthy.

Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.